



# The Guiding Star

H.J.B. Elementary Guidance and  
Counseling Program Newsletter

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## Guidance Lessons past and present

### *Last Round of Groups to start*

Small Guidance Groups continue with a final round starting in mid-April.

The list of topics is the same as before, (see last newsletter on-line for a description of each)

KINDER PALS, for kindergarteners

COOL CATS for 1st-3rd

AIM for 4th and 5th

Good Choice Chums, and Girl Pals for 2nd and 3rd grades.

Girl Power, 4th grade girls

Participation in a small guidance group requires written permission. Please call the guidance office or ask your child's teacher for a letter and form to sign your child up.

Kindergarteners recently learned about listening by an activity of interviewing each other. They will learn about safe touch, unsafe touch in April and will review the social skills taught through the year in their last lesson.

First, first graders learned the difference between tattling and telling. Then when Carmen the cat puppet got into a cat fight, they heard about ways to handle angry feelings. Sensitivity to others with disabilities was discussed as Carmen emerged from her bag with eyeglasses on. They even learned a little sign language to "look on the inside" when choosing new friends. This month they are listening to our Pickle Pal puppet tell how to stay out of a "pickle" or predicament by telling the truth.

Second graders had fun with social skills with their bag puppets. They learned how to recognize and deal with unwanted teasing or bullying when Wagner, the dog puppet, came up against a bull dog acting like a bully. In April they will learn anger management with the "ten best ways to cool off" lesson.

Third graders practiced using "I messages" as a way to express how one feels. They also practiced recognizing the social indicators such as body language and tone of voice to assess how someone feels. This month they are learning to recognize the difference between unfriendly teasing and bullying

Forth Grade classes

learned to use active listening in an activity of sharing opinions. They also practiced clearly defining problems that kids get into with one another. This month they are practicing how to handle bullying by "staying calm, standing tall, and speaking up".

Fifth graders will begin a unit on career awareness this month. They have learned about what escalates a conflict and practiced how to de-escalate a conflict that has gotten argumentative or even violent. They have also reviewed safe ways to handle a bullying situation.

Activity booklets for all the Guidance Lessons will be sent home this month so parents may see the many topics covered this year.

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## Guiding Star Awards

A silver star with a blue ribbon was given to the following class in each grade level.

In Kindergarten, Mrs. Post's class for showing the best behavior and kindness towards others

The First Grade Guiding Star was awarded to Mrs. Baker's class for their kindness and respect.

The Second Grade award goes to Mrs. Landry's class for being little "starlettes", showing kindness to others.

The Third Grade Class with good behavior and excellence in remembering the content of the lessons goes to Mrs. Kisner's class.

Mrs. Salzgeber's class wins the award for doing their best in role-playing, demonstrating lesson material.

The Fifth Graders with the most knowledge of lessons taught goes to Mrs. King's class. Congratulations ALL!

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